

Parent Newsletter Blurb  
High-Risk “Choking Game”

Approximately 5 to 11 percent of children and adolescents have participated in an activity commonly referred to as the “choking game,” in which blood and oxygen to the brain is cut off with a belt, rope or other item wrapped around the neck in order to get high or achieve a euphoric feeling once pressure is released. Not only is this activity dangerous, it can also be associated with additional risky behaviors, according to a recent study published in the May 2012 issue of Pediatrics. Participation was closely linked to increased sexual activity and substance use among both genders, along with poor nutrition and gambling among females, and increased violence among males. Black males were more likely to participate than white males. The District encourages parents to assess their children about their awareness of all high-risk “games”, their risks or signs of participation, and provide information about the dangers of participating in activities that create high risk of injury or even death and very little benefit.